

# Gulick Measuring Tape

## instructional manual

### Key Features

- Spring-loaded Gulick attachment exerts a constant force and tension on measuring tape
- Ensures accurate, repeatable measurements that are user-independent
- Non-woven PVC tape with fiberglass is non-stretch
- Push-button tape retractor

| REF     | Length        |
|---------|---------------|
| 12-1201 | 60" (150 cm)  |
| 12-1203 | 72" (180 cm)  |
| 12-1204 | 120" (300 cm) |

### Intended Purpose

The Baseline<sup>®</sup> Gulick Measuring Tape with its spring-loaded Gulick attachment ensures accurate and repeatable measurements on various body parts. The Gulick attachment applies a constant force when pulled properly, which ensures the measurements are accurate no matter who uses the measuring tape. Pull until red line appears on shaft.

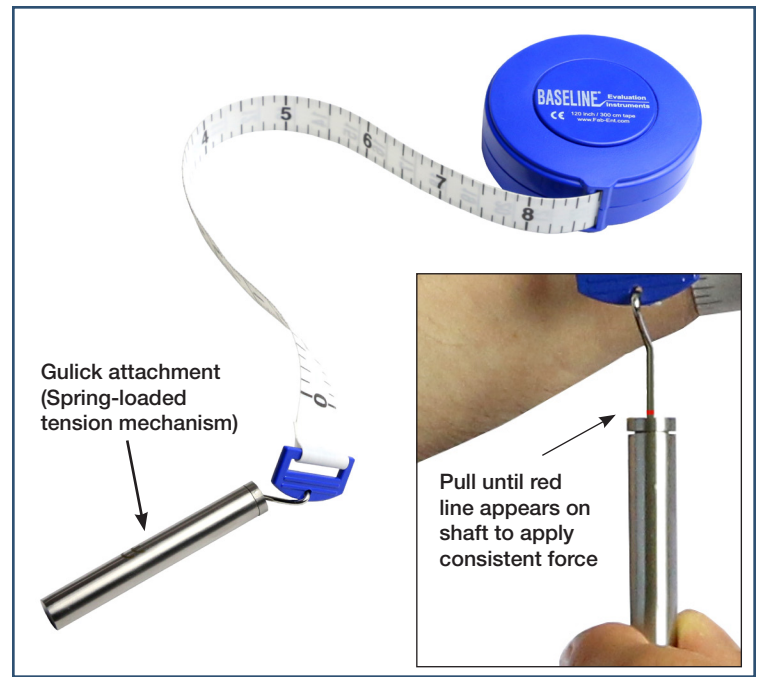
If a standard tape measure (without the Gulick attachment) is used to measure body-part circumference, the measurement will be inconsistent, as it would vary based on how tightly the measuring tape is pulled. For example, measuring tape pulled tight against the skin would result in a smaller measurement than a reading taken when the measuring tape is held loosely against the skin. As such, if two or more people take the same measurement with a standard measuring tape, the results would be very different.

By using a Gulick attachment, which applies a constant force and tension to the measuring tape, accurate and repeatable measurements can be taken by anyone.

### Design

The Baseline<sup>®</sup> Gulick Measuring Tape uses a retractable non-stretch, non-woven PVC tape with fiberglass marked in both Metric and English markings (centimeters and inches). The tape is not metallic to avoid discomfort and to reduce any possibility of scratches or cuts. The measuring tape is kept at the desired length until the push-button retractor is pressed.

Attached to the end of the measuring tape is the spring-loaded Gulick attachment. Its function is to provide a constant amount of force and tension while a measurement is being taken. When pulled properly, this attachment will tighten the measuring tape consistently no matter who takes the measurement reading. Tighten until red line appears on shaft.



### How to use

Pull an appropriate amount of tape out of the plastic casing. Wrap the tape around the body part to be measured. Align the zero marking (0" or 0 cm) alongside measurement tape markings. Gently pull down on the spring-loaded Gulick attachment and tighten the tape using 4 oz of tension (a red marking on the Gulick attachment will indicate this.) Record the number that is next to the tape's zero marking. This is the exact measurement.

Press the push-button tape retractor on the plastic casing to retract the measuring tape back into the casing when measurements are complete.

### Cleaning Instructions

The Baseline<sup>®</sup> Gulick Measuring Tape can be cleaned using an alcohol solution.

### Disposal Method

Dispose of item in accordance with the local/regional/national/international regulations.

### Measurement Tolerance

This device measures inches and millimeters with a tolerance of  $\pm 0.04$  inches ( $\pm 1$  millimeter)

### ⚠ WARNING:

- Apply consistent tension as specified in device instructions
- Clean tape surface before and after each patient use
- Do not stretch tape beyond its designated range
- Ensure tape lies flat against skin without twisting
- Replace if measurement markings become illegible
- Store flat or properly coiled to prevent damage
- Avoid sharp edges that could damage tape
- Do not use excessive force when retracting
- Verify zero alignment
- Keep retraction mechanism clean
- Replace if tape shows signs of wear